

Tulare County Employee Wellness Program

Women's Health—Cancer Awareness



OCTOBER 2014 EVENTS				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Weight Watchers At Work</u> Week #5 Visalia Gov't Plaza RMA Main Conference Room	2 <u>Weight Watchers At Work</u> Week #5 P'ville Gov't Plaza Orange/Tangerine Room	3
6	7 PINK TUESDAY Think Pink and Wear Your Pink for Breast Cancer Awareness	8 WEBINAR: Women's Health 101 Anthem EAP <u>Weight Watchers At Work</u> Week #6 Visalia Gov't Plaza RMA Main Conference Room	9 <u>Weight Watchers At Work</u> Week #6 P'ville Gov't Plaza Orange/Tangerine Room	10
13	14	15 <u>Weight Watchers At Work</u> Week #7 Visalia Gov't Plaza RMA Main Conference Room	16 <u>Weight Watchers At Work</u> Week #7 P'ville Gov't Plaza Orange/Tangerine Room	17
20	21 HEALTH VIDEO: "The Genetics of Hereditary Breast & Ovarian Cancer Syndrome" & "Mammograms Saves Lives" - Kaiser Permanente	22 <u>Weight Watchers At Work</u> Week #8 Visalia Gov't Plaza RMA Main Conference Room	23 <u>Weight Watchers At Work</u> Week #8 P'ville Gov't Plaza Orange/Tangerine Room	24
27	28	29 <u>Weight Watchers At Work</u> Week #9 Visalia Gov't Plaza RMA Main Conference Room	30 <u>Weight Watchers At Work</u> Week #9 P'ville Gov't Plaza Orange/Tangerine Room	31

Pink Tuesday

OCTOBER IS BREAST CANCER AWARENESS MONTH

October 7, 2014

Think Pink and Wear Your Pink!

Tulare County employees are encouraged to wear Pink on Tuesday, October 7th. Pink Clothing and accessories, worn in accordance with County/department dress codes, are authorized and encouraged to help bring attention to the need for early detection and prevention.

Wear your pink with pride and promote the cause!

County of Tulare 2015 Open Enrollment Schedule

September 25, 2014 - October 24, 2014

Monday September 29	Tuesday September 30	Wednesday October 1	Thursday October 2	Friday October 3
HR&D Annex 8:00 am to 5:00 pm Tulare District Office Training Room 458 E O'Neal, Tulare Meeting 8:30 am	Visalia Government Plaza RMA Conference Room 5959 S Mooney Blvd, Visalia Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	Visalia Government Plaza RMA Conference Room 5959 S Mooney Blvd, Visalia Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	Tulare Works (VDO) Almond Room A & B 1845 N Dinuba Blvd, Visalia Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	HR&D Annex 8:00 am to 12:00 pm
October 6	October 7	October 8	October 9	October 10
HR&D Annex 8:00 am to 5:00 pm	Porterville Government Plaza Orange Room & Tangerine 1063 W Henderson, Porterville Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	Porterville Government Plaza Orange Room & Tangerine 1063 W Henderson, Porterville Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	Visalia Processing Center Birch Room 26644 S Mooney Blvd, Visalia Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	HR&D Annex 8:00 am to 12:00 pm
October 13	October 14	October 15	October 16	October 17
HR&D Annex 8:00 am to 5:00 pm	Lindsay District Office Conference Room 900 N Sequoia, Lindsay Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	Visalia Child Support East Training Room 8040 Doe Ave, Visalia Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	TCERA (Retirees Only) Board Conference Room 136 N. Akers, Visalia Meetings 8:30 am	HR&D Annex 8:00 am to 12:00 pm
October 20	October 21	October 22	October 23	October 24
HR&D Annex 8:00 am to 5:00 pm	Tulare Ag Building Ag Commissioner Auditorium 4437 S Laspina St, Tulare Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	Dinuba District Office Jasmine Room 1066 N Alta Ave, Dinuba Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	Professional Dev. Center Peach & Cherry Room 4031 W Noble, Visalia Meetings: 8:30 am & 1:30 pm Online enrollment after meetings	HR&D Annex 8:00 am to 12:00 pm DEADLINE

Open Enrollment Central

HR&D Annex Building, 2900 W. Burrel, Visalia - (559) 636-4911
Monday – Thursday, 8am to 5pm; Friday, 8am to 12pm
Benefits Staff will be available to help you with your online enrollment.

Online Enrollment

ElectMyBenefits – Employee Benefits Connection
www.electmybenefits.com
Login and follow the enrollment process. Takes approx. 10 Minutes

To schedule an appointment with Chimienti & Associates to enroll in the **Voluntary Products**, please call **(559) 733-1670**.

No appointments necessary to enroll in the County's Health Plans.

Webinar: Women's Health 101

In this class for women we will discuss leading causes of illness and death in women. Focusing on how to prevent or manage major health conditions participants will review scheduling of important screenings.

Facilitated by: Shanti Douglas

Date: **October 8, 2014** Time: **12:00PM-1:00PM**

How to attend: Ten to 15 minutes prior to the webinar start time log in to the live meeting using this link.

<https://apps.na.collabserv.com/meetings/guest?id=149-352>

For audio, call the number below and enter the participant code.

Toll-free: 866-308-0254

Participant code: 914-762-9075

Health Videos: “Genetics of Hereditary Breast and Ovarian Cancer Syndrome”

Click on the link below to hear an in-depth discussion on the genetics of hereditary breast and ovarian cancer syndrome.

Date: **October 22, 2014** This 7 part video is available all day for viewing (45 minutes).

<http://mydoctor.kpnvly.org/cancer-care/home/breast-and-ovarian-cancer/>

Dr. Tracy Flanagan describes why breast cancer screening is an important part of maintaining your health. Learn more about what to expect during your mammogram by clicking on the link below.

Date: **October 22, 2014** This video is available all day for viewing (2 minutes).

http://mydoctor.kaiserpermanente.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool_154687.xml